

# Tips for Cold Weather Physical Activity

Cold weather doesn't have to slow you down. To stay safe in the cold, keep the following in mind:



## Dress Properly

- **The layered look**

- Start with a synthetic material like polypropylene against your skin. This will draw the sweat away from your body and dry quickly.
- The second layer should be wool or cotton to soak up moisture.
- The third layer should be chosen for its ability to keep the cold air and rain out, if necessary -- something lightweight and artificial, such as Gore-Tex™ material.

- **Don't lose your head**

- You can lose a tremendous amount of heat through your uncovered head, so always wear a hat or cap.
- Your feet get cold first. Insulate them with warm socks and keep them dry.
- Choose mittens over gloves because the fingers can warm each other.



## Drink Up - You **can** become dehydrated in the cold.

- Drink before you feel thirsty. By the time you feel thirsty, you're already dehydrated.
- Water is easily available, inexpensive, and exactly what your body needs.
- Drink water before you go out and bring some with you.

## Don't Overdo It

- Cold is a stress on the body. So is exercise. Together they may be too much. Start slowly and don't overdo it.

**MOVE!**

